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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Human  
Library**  
The college now  
has 'living books'  
for students.  
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MONDAY, FEBRUARY 13, 2012

CONCORDIA COLLEGE, RITCHIEVILLE, OHI

WWW.SPOKEONLINE.COM

40TH YEAR — NO. 6

## CONDORS GIVE IT THEIR ALL BUT COME UP SHORT



PHOTO BY JEFF BARNES

Condors captain Aaron Armstrong battles with Canadian College's Jake Rasmussen for position in front of the net during the teams' conflict match on Feb. 3. See Page 24 for scores and additional photo.

## Fleming walks away as X Factor champ

By JESSICA MARTIN

The powerful voice and dominant stage presence won him support from the crowd, and the support of the crowd was how Fleming, growing from 2009 CDS & Factor champion.

Then Fleming, a third-year business administration and marketing student, was one of the night finalists who performed in the live activity

on Jan. 11, tying the vote from the audience during CDS's live over X Factor competition.

Fleming looked perfectly relaxed and at ease, but said he didn't feel that way at first. "I got nervous before I got on stage, in anticipation of going," he said. "But once I'm on stage I feel comfortable and all nerves are lost."

Not only did he appear con-

fident, but also confident. The room felt alive — except for a few scattered critics — and all eyes were focused on him.

In the final round he sang Keep by The Commodores, making it "the song that everyone would be familiar with to get the most votes possible." When the audience fulfilled his wish and moved him on to the finale, he was the choice of song. Money by

David Byrne, was not a hard decision.

Once I'm on stage I feel comfortable and all nerves are lost.

— Tim Fleming

"I knew I could have fun with it on stage. It's my opinion and fairly well known," he said. "I also thought it would be kind of funny to sing a song about wanting money as a competition to win some."

Fleming said he plans on paying his winnings toward his student debt, and perhaps "buy an extra pair of shoes for that matter."

(See Fleming, Page 4)

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What are you doing  
for reading week?**



**"Probably going back  
down to St. Catharines."**

**Mikah Jenkins,**  
first year  
general arts and science

**"I'm working – as much  
as I can."**

**Matthew Collins,**  
third year  
accounting



**"Going up to my cottage."**

**Lindsey Warburton,**  
third year  
accounting

**"I'm going to Burt's!"**

**Quentin Klawnski,**  
first year  
engineering



**"I'm not doing anything,  
I'm sleeping."**

**Michael Baka,**  
professor of  
political  
science and history

**"I am going to be working  
very hard and diligently, as  
per my contract, including,  
(I'd like something to relax  
– I like games and reading."**

**Michael Baka,**  
professor of  
political  
science and history



# Conestoga's empire grows

**By ERIC MCKENZIE**

Growing and expanding the Conestoga College "empire" were important elements at the college council meeting on Jan. 11.

During the meeting John Tibbits, president of Conestoga, highlighted some of the strategic plans for the college that will serve S.W. Ontario, he said, was one of the fastest growing regions in Ontario.

"You can't just bolder down in a giant megacity, you have to fill the gaps," said Tibbits.

A partnership with Wilfrid Laurier University College and the City of Brantford will be announced in February concerning future expansion to the business program, he said.

Conestoga is also planning to partner with the University of Guelph to offer a more comprehensive business program for prospective students.

Other future endeavours that were mentioned by Tibbits concerned health science at Conestoga.

"They indicated assistance in building University of Waterloo's long-term health-care facility by 2014 and the possibility of building a hospital on their campus, which would help thousands of patients receive real-life care from medical students."

students.

Growth and expansion were also discussed at the council meeting through ministerial reports, which showed Conestoga as one of the top colleges in Ontario to have an increase in enrolment in 2011.

One of the key issues raised at the meeting was that Conestoga has become under used for a community that has grown so fast and that new recognition from the province may mean that the college will become underfunded.

"This system is in place to protect smaller schools that aren't growing but Conestoga is not one of them," said Kevin Madigan, vice president of corporate services.

To maintain the strong commitment, Tibbits

Conestoga council asked the executive the college has received from the engineering technology degree accreditation and discussed offering future degrees, such as law, nursing or accounting degrees.

Conestoga also asked ministerial members what Conestoga was the engineering competition last year and began raising advertisements that featured the winner on billboards and bus stops.

"This was by far the biggest, (initial) advertising campaign in Conestoga's history," said

Alex Vaughan, executive director of corporate services and international services.

Vaughan presented a report to enhance the commitment called How to Grow as Times of Fiscal Restraint.

In his report Vaughan mentioned Conestoga's new strategies for recruitment, which included post-graduate learning, a more and more comprehensive infrastructure package and to appropriate students and a rolling campaign to promote such as don't overstate in the school.

Other business at the council meeting involved an upcoming announcement from Tibbits regarding the results of an important study about Conestoga graduates' involvement in the community.

"It will be a big announcement. The scope of the inquiry in this community has really grown. I think a lot of people are going to be surprised," Tibbits said.

Rob Carley, executive dean of academic affairs and international services, also mentioned that the Conestoga website where all news and policies are now available and briefly mentioned the new "acceptable use of technology" policy regarding use of Facebook and other online chat tools.

## STUDENT STORY



## COUNSELLOR'S CORNER: Problem Gambling

Internet casinos, video lottery terminals. Profits, lottery draws, the opportunities to gamble are everywhere. For many it becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you even hide betting slips or lottery tickets from your family? After winning, do you have a saving urge to return and win more? These are just some indicators that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

**A Message from Counselling Services**



PHOTO BY CAMERON HARRIS

Tim Fleming, a third-year business administration and marketing student, now has \$3500 in his pocket to go along with the smile on his face after winning the 3-Flavor competition in the Senecastry on Jan. 21. Below, Sam Scheller, a second-year recreation and leisure services student, with guitar in hand, winning a \$200 prize.



## Fleming moving on to compete against other college students

Continued from Page 1

Performing in front of an audience is nothing new for Fleming.

Not only has he performed in front of hundreds of people at the annual Christmas concert at his church, but he has also performed, sometimes in his tubs, in front of thousands of people all over the world, including basketball.

Fleming has been a member of the *Alum* *Duck* *Entertainment's* *Project*

Bank Squad for the past five years, performing at National Basketball Association (NBA), National Collegiate Athletic Association (NCAA) and American Basketball Association (ABA) ballgames.

The team is made up of former elite level gymnasts, dancers and transplants who put on shows to entertain, flying and flipping through the air during basketball.

He is used to performing for crowds, he's multi-talented and he knows how to stay

tight on schedule so when he walked on stage in front of the room full of people at the college, it wasn't a surprise he walked away with a checkbook.

He has now been given the opportunity to represent Senecastry at Chicago's 10th (the date has not yet been set), competing against other college students.

However, he is also head up in Illinois, Senecastry in the Middle East for three weeks to do basketball shows, so he hopes they don't overlap.

## Break Stereotypes... Be the difference.




Learn more and register to participate!  
[www.conestogac.on.ca/humanlibrary](http://www.conestogac.on.ca/humanlibrary)



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**LIBRARY**  **Student Life**  
Share your story.



# Stop feeding coyotes

By **MARGARET C. MCKILLIP**

It looks like Willie B. Coyote has brought some of his friends to the city, and he didn't need Aztec equipment to do it.

These yellow-eyed creatures have been spotted almost everywhere in the Valley, whether in a residential backyard or on a forest. They have caused a sensation not only here, but in other areas of southern Ontario as well. Early in January, a woman from Cambridge had her beloved hairdressing salon, named Rocky, in a coyote at Dundas Conservation area. A few weeks later in Oakville, an eight-year old girl was bitten by one and taken later that day.

The number of coyotes in the area, and with this year's late season snowmelt, there are more appearances. Nevertheless, they have been here for a long time. By leaving coyotes around, the coyote population is kept under control and they are part of the urban ecosystem.

The Ministry of Natural Resources confirms that the coyote population is growing, which is not a cause for concern. But what causes them to be a problem?

If you think about it, we all know the reason. Some people don't see them as a threat and want to treat them differently by leaving food outside. By feeding them, they are no longer fear humans, and approach humans more readily.

They're usually scared of humans and by leaving food, you're attracting them and making life easy. People think that they are doing something nice by feeding the animals, but it's actually making things worse. Sometimes we find them without knowing it by leaving garbage bags outside. The smell of garbage attracts not only coyotes, but coyotes who feed on garbage and your garbage.

Coyotes not only live near their fear of humans, but they have their interest in hunting outside. We never let our master lead from a person then to hunt down a mouse or rabbit.

Since they have been, numerous sightings of coyotes around the city, it's important not to let your animal pets outside unsupervised or leave food outside. Coyotes are territorial and will use your small animal as food or as a threat.

On the City of Kitchener website in an article on tips for co-existing with coyotes, it states, "It only takes one person to cause a problem for an entire neighbourhood."

The above letters represent the position of the newspaper, not necessarily the author.

## Letters are welcome

**Spoke welcomes letters to the editor.** Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication. Letters should be sent to: The Editor, Spoke, 200 Queen Valley Dr., Room 102B, Kitchener, Ont., N2G 4M4.



Leaving food outside may attract more than just raccoons.

# Canadian universities are looking at more than marks

An article in the Toronto Star on Feb. 4 suggests that Canadian universities are going to start looking for more than just good grades for initial acceptance. Currently, students need a 75 per cent average or higher to get into universities. This may not seem hard to achieve on the own, but when more requirements are added to the checklist, it adds more pressure.

Some universities will be looking for students with a top of 90 per cent. Others, graduating high school in Ontario, students need to complete 40 hours of community service. It is not difficult because it can be completed over the course of four years. However, if a college student is planning on attending university, following graduation, it will be more challenging. Colleges are doing more extra hands-on work which means they do more than listen to lectures and write long essays. It will



**Taha Hagh-Ostini**

needs to be accomplished over the course of two or three years depending on their field of study and the external institution.

**College students have more hands-on work which means they do more than listen to lectures and write long essays.**

In college it isn't all that easy to achieve the 75 per

cent average needed to be accepted into university. It shows the number of hours for community service. Some students can't even afford to attend school without also having a part-time job. It just isn't feasible for some.

I don't think that universities should change their current requirements. If students have great marks but not as much community service hours, they should not be penalized for it. It shows they are hard working and that they care about their marks.

If a student doesn't have above average grades but has more community service hours than necessary, it shows that he is passionate about helping out his community.

I don't expect universities to be easy to get into. However, they shouldn't penalize students who can't put in a lot of volunteer hours due to work or family commitments.

## SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

### Editor: Karen Rogers

**Assigned Editors:** Heather Campbell and  
Cathy Smith  
**Advertising Manager:** Alexandra Day and  
Katie Kelly  
**Spoke Online Editor:** Tiffany Wilson, Montreal

**Design:** Rebecka Pears, Denise Smith, Andrea Smith,  
Lindsay Smith, Jessica Smith, David Smith and  
Tiffany Smith  
**Production Manager:** Heidi Lindsay and  
Christina Smith  
**Photo Editors:** Ryan Smith, Matthew Smith,

Justin Smith, Mike Smith and  
David Smith  
**Online Editor:** Heather Smith, Heather Smith, Heather Smith  
and Heather Smith  
**Advertising Manager:** Audrey Wilson, Heather Smith  
Christina Smith and Heather Smith

**Spoke's address:** 200 Queen Valley Dr., Room 102B,  
Kitchener, Ontario N2G 4M4  
**Phone:** 519-336-5555 ext. 2000, 2001, 2002, 2003, 2004  
**Fax:** 519-336-5554  
**Email:** spoke@conestoga.ns.ca  
**Website:** www.spokeonline.com



# Being a friend can save someone's life

Suicide prevention speech offers tips to help someone who is considering suicide

By JAKE HANCOCK

Every year nearly 4,000 Canadians die by suicide — that is an average of almost 10 suicides a day.

Tara Nash, coordinator of the Waterloo Region Suicide Prevention Council, gave a speech on suicide prevention at the community room of the Sainsbury at 100 Franklin Blvd. in Cambridge.

She hopes her speech helps others understand what a person contemplating suicide is thinking so that more people at risk can get help. She also hopes it removes some of the stigma. "Thinking to commit suicide or intending to commit suicide is not something anyone can do the best thing for that person."

"Talking and just listening or just being there for somebody can really help," said Nash. "Imagine that someone burdened of thinking about taking your life and not being able to share that. Then you come along as a friend and say I want to be there for you. Don't judge them, don't try and change their mind. Just be there for them."

If you want to get a person to talk to you about the possibility that they're considering suicide you can't start around the corner. Make sure you tell someone else and if possible, try to convince them to get help.

There are several options a person who is considering taking their own life can take. They can call a helpline such as Open Resources of Waterloo Region at 519 744-1812 or the Student Centre at 526-7441.

5195, or they can call 911. For more information on the WRRSP, go to their website [www.WRRSP.ca](http://www.WRRSP.ca), or call 519-744-7650, ext. 313.

A new group called Studio for Safe Living is for people who have had a suicide attempt or those who continue to think about taking their life. It focuses on being by helping people learn coping skills so that they don't want to kill themselves anymore. You can request them through the WRRSP. "It's about releasing our fears," Nash said.

"It's about the brain because the brain is not usually saying I don't want to keep living. It's always like returning the transmitter so our brain to say I do want to keep living."

Other tips counselling some suggestions for getting better are exercising, connecting with the community, keeping a pet, keeping someone taking up a new hobby, writing letters, keeping time for yourself and generally doing things that make you feel good.

There are certain risk factors that make a person more likely to consider suicide. A history of mental illness in the family can be a factor, as can alcohol and drug abuse due to the fact that these things cause people to make risk decisions. A traumatic event or being on a stressful environment such as school can also be a factor.

According to the WRRSP, approximately one in 10 Ontario students have reported that they seriously considered suicide. Some



Tara Nash, coordinator of the Waterloo Region Suicide Prevention Council, said the best thing to do when someone is thinking of suicide is to be a friend and be there for them.

actual signs that a person is suicidal can be sudden changes in mood, sudden disinterest in things that they would normally enjoy doing, talking about suicide or negatively disparaging themselves.

If you notice several sudden changes in a friend or family member you should ask them if they are thinking about sui-

cide. "Thoughts of suicide can affect anyone male, female, young or old. According to Nash people who have a greater responsibility for decisions have a higher probability of suicidal tendencies along with people to very suicidal jobs such as emergency services.

Cambridge College has a counselling department that

provides programs including Safe Talk, a three-hour suicide awareness program that teaches you about the warning signs and risk factors and how to get help for anyone considering suicide. If you are interested visit the Cambridge College counselling department, at the Student Life Centre, Room 1A101.

## Memorial award recognizes an awesome student

By JAKE HANCOCK

Are you an awesome person? And if you are why wasn't you nominated for the G. Al Logan Memorial Award?

The award is given to students in their second year or higher.

According to the college website, it's given to students who "display a warm, outgoing attitude towards the college and community."

"We want to honour a student who has demonstrated a warm and caring attitude, demonstrates initiative and leadership, has been available to help and support other students (either those paid

positions), and has a sense of humour."

Students could nominate other students by filling out a ballot with their names as to why they think those students should win the award. The nomination deadline was Jan. 30.

Last year's winner of the award was third year health information management student Stephanie Dee Huan, who, at the time, was a member of the award. "All I did was to myself," she said.

"As I did not know the award existed, I was very humoured and honoured as it was never my intention to be awarded for being me," she joked.

Thinking about others first is a great quality of a recipient of the award.

— Stephanie Dee Huan

— Stephanie Dee Huan

"I tried to make eye contact with everyone and make introductions of those positions in the college so we are all equal. I would never shy away just to make people laugh."

A student who receives that award is being helpful without making any benefits.

Huan said she would volunteer to help people in class, and always stick up for those who were being picked on.

She also volunteered with Cambridge Community Bridge program in a program called Safe. She is matched with students who need help.

She also volunteered to sit on the student panel in the leadership contest, sharing her knowledge of the Bridge program.

In addition, Huan organized a group male to raise funds for the medical bills of a college employee's partner after she became sick and eventually died.

"I also participated in stress action days at the college helping to stress students to

the health information program," she said.

Huan received a plaque, but this year the award also comes with a gift.

Huan believes that being yourself all you need to do to receive this award.

"It is difficult to recommend anything to other students as I believe it is the person's character that others are and that is how they are recommended."

Being positive in everything they do and helping others is important," she said, adding, "Thinking about others first is a great quality of a recipient of the award."

The winner this year is expected to be announced by April.

BACK SANCTUARY PATIO  
**POLAR PLUNGE**  
FREEZIN' FOR A REASON  
TUESDAY, FEBRUARY 28TH



**ALL PROCEEDS  
GO TO**



BREAST CANCER SOCIETY  
*of Canada*  
LA SOCIÉTÉ DU CANCER DU SEIN  
*du Canada*

**COME PICK UP YOUR  
PLEDGE FORMS IN  
THE CSI OFFICE ROOM 2A100**

By MICHAEL J. COONEL

You should never judge a book by its cover; especially if that "book" happens to be a person.

Cornell College's Request magazine will host its first ever Human Library as part of Request Week, in partnership with the Library Resource Center, on Feb. 26. The connection event will give students the chance to challenge assumptions and stereotypes by engaging in conversations with real people about real issues, the "human books."

Ryan Connell, student life programmer at Cornell, said the aim of the event is to build more awareness about the diversity of students who attend the college and to put focus on the impact of stereotypical "behaviors" when perceptions or assumptions are used. To provide education on the diversity of the student body and promote dialogue about issues is especially important.

# Living Books

"We want to bring light to issues that students face — you are not alone," said Connell.

In its simplest form, the Human Library is a mobile library consisting of living books, instead of the classic to speak informally to "people on loan," just as they would check out a book regularly.

Among the 12 living books expected to be available on the day, readers can find unique roles such as: international students, mental health issues, Israeli issues, physical disabilities, learning disabilities, Chronic Wound issues, first generation students, single parents, mature students and gay/lesbian/bisexual/transgender students. There's a little something for everyone.

Many of the living book volunteers are current Cornell students and graduates, or members of the local community.

Kevin Black is a first-year public relations student at Cornell College and represents both a mature student and a gay male. After having his own experiences, Black is eager to share to reach out to other students who share his own personal experiences at the event.

"Any chance to connect with the community is great," said Black. "I know how difficult it was for me, just dealing with myself. I wish I had someone to answer my questions."

During the Human Library becoming a common student will have the opportunity to "sign out" Black and talk him through some questions. While he anticipates a group of readers that is repre-



## Students on loan at first Human Library



Kevin Black, public relations student

First-year public relations student, Kevin Black, is volunteering his time to share his student life as a human book on Feb. 26.

sented and accepting, he expects that just everyone understands the issues he and many others face.

"This is how I was born. Regardless of culture doesn't play a role," said Black. "If I can educate my preconceived notions people may have that is my goal."

I know how difficult

it was for me. I wish

I had someone to

answer my questions.

— Kevin Black

Since its inception in 2000, the Human Library has been present in 16 countries, Ireland, Poland, Italy, Japan, Serbia, Slovenia, Australia, Portugal, and now Canada — to mention a few. The concept of promoting dialogue amongst peers reduces prejudice and fosters learning and understanding. For every time it will with Cornell's Request magazine (request and Connell) has been working a long time in being the event at the college.

Igniting an interest in books more about a topic — it doesn't end here," said Connell on the general aim of the library event.

The event is free and is aimed to meet right at the end of the semester. On Feb. 26, through the main event page. Different times slots are available to students can sign up to meet with a living book where it works with their schedule. It can last up to 15 minutes. It will be held on Feb. 26.

Other Request Week activities will help the message of building a respectful, welcoming and inclusive campus community for all students. The first event of the week is called "What is success in my life?" and will play host to displays explaining different perspectives of what the word "success" means to different people. Following the Human Library event, Wednesday will feature the Christianity Project, a 7-day devotion. Friday for American History in Minutes. Sunday will bring presentations from liberal studies students about what support groups at different colleges in the Student Life Center.

This is the college's third Request Week and fourth year of the Request magazine.



# STAY IN STYLE

*this season*

## By STEPHAN DRYER

From Saint Laurent's French fashion designer's side of town, "Fashion takes style material."

Trends change each year, including colors, shirt lengths and accessories.

This year men's fashion will see a lot of change and women will see a return of vintage styles.

It is all about being bold.

If you walk into a clothing store you will see bright, bold colors for both men and women. Dresses, gowns and coats are not as large just recently they are becoming the focal point of an outfit, according to Vogue magazine.

Along with these vibrant colors, women's clothing will have many bold prints and patterns, such as geometric shapes and enlarged floral prints.

Fashion designer Helmut Lang and her team, for one, did not want her last season used, after about what the biggest trends of 2013 will be.

"Geometric patterns, beautiful florals, bold red, black and white prints, vintage colored lines, so many different things will be in," said Jim.

Monochrome patterns is also a style that's no longer frowned upon, instead becoming a must have.

Personal mixed with cultural is the latest trend for men, such as wearing a pair of ripped jeans with a dress shirt.

Vogue magazine has also noted about large animal prints that are in this season.

"Animal prints - particularly leopard spots - are a perennial favorite," said Lucy Hartigan, fashion editor at the January edition of Vogue. "This season's African style mixes animal prints, ethnic motifs, tribal elements and intricate beading."

According to the February edition of Cosmopolitan, the current menswear style is fringe. A short wide shawl at the bottom can dress up a simple outfit.

Another big trend is the shawl, played with anything from a blanket to a pair of pants that shows its shoulder in in this year, says Cosmopolitan.

Vogue has captured what will become the year's popular designs. This spring will start the "underwater" collection, outfitting with sea shells, waves and other ocean undercurrent images.

Accessories are huge for women this year, with our bags being the biggest comeback.

Although embracing your femininity is big this year for women, there are many new feminine trends for men that many people may question. Not unlike companies such as AlphaMale have made part of their business marketing toward men and have named them accordingly. You will find names such as Gynoid and Gynoid. To check out more of the said policies, go to [www.alphamale.com](http://www.alphamale.com).

UGG boots for men have also been introduced recently. To take a look, go to [www.ugg.com/men](http://www.ugg.com/men).

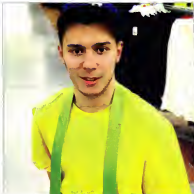
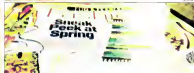


PHOTO BY STEPHAN DRYER

Ellen Garcia, a Kilahean resident, shows off some of this year's popular colors while shopping at a Kilahean Wal-Mart.



Left and above, the March edition of Cosmopolitan shows some upcoming trends for spring 2014.

# Potatoes piling up during Potato Blitz

## By ELIZABETH HARRIS

Outside the local grocery store, rows lined up by a man wearing a plastic potato-dissemination baggie, asking you to buy a 50-lb bag of spuds. What is going on here? Well, it's the annual February Potato Blitz, which has been running nearly 20 years, collecting potatoes for use in the House of Friendship's 18 charity programs.

The goal of this year's Blitz is 250,000 lb, 20,000 lb more than last year due to increased need in the region for food assistance.

The month-long event kicked off on Jan. 17 with the 10th annual Don Gossamer Potato Night during a Winchester Rangers game at the Riffehouse Municipal Auditorium. Gossamer, the Rangers' play-by-play announcer for over 50 years, donated a buy-one-get-one-free potato for volunteers at the Kingsdale Community Center.

By the end of the night, Rangers fans had donated approximately 4,800 lb of potatoes and 50,000 in cash to be used to buy another 40,000 lb of spuds. Between Rangers fans and others, the Potato Night sponsors this year's Potato Blitz got off to an impressive start at 50,000 lb, in one night.

On Saturday the region-wide Supermarket Blitz was held from 9 a.m. to 3 p.m. at 24 local grocery stores, including Zehrs, Food Basics, Fresh Co., Value Mart and Central Food Market stores. Last year volunteers from 12 local churches helped collect potatoes and cash.

In the past volunteers have donated the money to everything from green and white striped pot licks to "boring boring germs," according to the House of Friendship's Windows blog.

The man with the potato sack costume is John Lambert (a.k.a. King Spud), credited as the creator of the Potato Blitz House of Friendship executive director John Newbold used the first original web "a challenge" (challenge) received at church.

According to Lambert's wife, Kathleen, history was made when they returned at St. Andrew's Presbyterian Church in downtown Kitchener, United Methodist, "passed a challenge." Who will collect potatoes to the House of Friendship?

Next Saturday, the Lamberts went to the Rockwood Station to ask people

for potato donations. By lunch, they had such an overwhelming amount of potatoes they called (how did Donald do that?) "It was amazing." Kathleen Lambert said about the previous gathering from people: "It's amazing."

This year King Spud will be at the Rockwood Station, stuffing the Food PM Smart Car with as many spuds as he can get his hands on. House of Friendship, development director Christine Rier said in an email.

When asked about the origins of the initiative, Lambert said, "I met (John) McDonald called me King Spud — and it stuck." To go with his handle he had a potato robe made, which he wore during the Supermarket Blitz. He likes to tell shoppers, "Buy a bag of potatoes and we'll gladly take them off your hands."

The House of Friendship's goal was to collect 250,000 lb during the Supermarket Blitz, and rely on donations made at the Community Potato Lunch — as well as school, church and business potato drives — to provide the rest.

In the 17,000 lb collected last year, 12,000 went to the emergency food banks program, 24,000 to Christian hospitals and 10,000 to the north bus to on Christie Street.

The potatoes that can't be used immediately are stored in an underground cellar at St. Mark's Heritage Farm in Kitchener.

A longtime volunteer said on the House of Friendship's blog, "Potatoes are a great food for so many — what better product to collect to show this? The spud is not glamorous or pretty, but beautiful as that a potato is a little brown jewel — food."

According to Newbold, "House of Friendship believes strongly that there is no 'them,' there is only 'us.' We are all part of the same community and our people are deserving of all of us."

Something new started last year, and continuing this year, is the Spud List, a competition for the best potato soup. The winner will be announced at this year's Community Potato Lunch on Feb. 14 at St. Andrew's Presbyterian Church, from noon to 1 p.m. All are welcome to come.

Until then, the blitz continues. There's still time to add your potatoes to the pile. Check out [www.houseoffriendship.org/potatohits.html](http://www.houseoffriendship.org/potatohits.html). You can also call the House of Friendship at 618-748-6927.



Photo by Eliza Harris

Above: Ryan Schwartz, grocery manager of Food Basics on Fairway Road above with a cartful of yellow and white flesh potatoes, is looking forward to participating in this year's Supermarket Blitz. Last year, he estimates that 320 more bags of potatoes were sold than they had the usual 60-lb. At 50 lb per bag, that meant approximately 3,200 lb worth of donations at this time alone.

Continued from left: John Lambert, a.k.a. King Spud. The mascot mascot. Potatoes collected during Supermarket Blitz.





## HOROSCOPE

Week of Feb. 13, 2012



## Aries

March 21 - April 19

Use all of the negative energy in your life to help build your character.

## Libra

September 23 - October 23

You will be irritated with a co-worker and start changing your future plans. Be smart when doing so.

## Taurus

April 20 - May 20

You are torn apart with one possible decision, but remember you can never fully please both parties with the ultimate decision.

## Scorpio

October 23 - November 21

It will come down to career versus family, you will be in the spotlight at work and at home, just don't let the reasons be negative.

## Gemini

May 21 - June 21

You have energy to outgrow this week, but you will need to manage the time well.

## Sagittarius

November 22 - December 21

You are being helped along on their errands as well as your own, but the environment is good for you.

## Cancer

June 22 - July 22

Try and ease up on people who don't share the same beliefs as you. Keep your right to think open.

## Capricorn

December 22 - January 19

People will be you struggling financially this week, some one will be there to help you out, as for Canada.

## Leo

July 23 - August 22

Everyone around you has been working hard, be generous and not think more about.

## Aquarius

January 20 - February 18

There'll be too much to go on the office because of what someone says to you, if you do, be willing to lose a friend over it.

## Virgo

August 23 - September 22

You will be tense that week because of both professional and personal stress, try and manage the stress without an emotional reaction.

## Pisces

February 19 - March 20

Be patient this week in every project, you shouldn't take it away from the best idea comes to mind.

Kenneth Belliveau is the resident astrologer who goes into the signs and stars if going back for the last time, counting the universe to unfold before him.

## Valentine's has rich history

Every 260 days, an entire year's worth of love and devotion culminates into one 24-hour span: Valentine's Day and those struck by Cupid's arrow of affection will celebrate their romances through countless thoughtful gifts and loving gestures. Women look the word to their partners' expressions of devotion typically manifested through gifts of flowers or elegant meals and similar reservations.

However, as many couples have come closer and closer to the heart-felt idea of Valentine's Day, it has been dubbed a "Hallmark holiday" by those disappointed by its financial implications.

Companies inflate the cost of flowers, chocolates and other romantic Valentine's Day gifts for what seems like a mere 24 hours in order to exploit the obligatory thoughtfulness of men and women.

Interestingly, this thoughtfulness often travels to its spiritual roots as well as its commercial ones, where the holiday originated and why.

As with many celebrated holidays, Valentine's Day carries a rich history. Celebrated as the 11th century Feb. 14 is the tradition of pagan and religious roots.



Karen Kaplan  
Opinion

romantic combination with medieval folklore, literary traditions. Canadian love most historical documentary sources, says on its website, were history.

Over 2,000 years ago the Romans celebrated the feast of Lupercalia on Feb. 15, long coming purification, renewal and love, the goddess of fertility. During this festival male participants drew the name of their prospective lover for the following year.

Historian Henry Thomas reported in *Knickerbocker* in 1850 that the festival of Lupercalia was replaced with a day of celebration for St. Valentine. According to the historical network, boys and girls drew the names of stars who would serve as their spiritual guides.

Medieval folklore attributes Valentine's Day to the day birds chose their mates and began the mating season. During the late 16th century poet Geoffrey Chaucer noted the birds and their

beloved companion with Feb. 14 as his poem *The Parliament of Fowls*.

And your after year Aphrodite's son Cupid has orchestrated such love as three eight centuries and connection that might give offshoot or 500 to come it runs for their money.

And so, while the love on foot building has been put forward and celebrated for measurable preparations a national dollar sign could stand in representation of what has been created as Valentine's Day since its beginning.

In protest to the monetary equation of Feb. 14, we can not express our affection for one another through more financially modest gestures. However, it is not a gift requiring your time rather than your money back as a greater indicator of your unreserved commitment to each other.

For those who have escaped that dollar sign a lifetime, consider the importance of understanding and honoring the love we share for one another still remains. Make your loved ones feel cherished and appreciated year-round and the presence of Valentine's Day might not seem so heavy each year.

## 519 onlinews reaches the world

## by KAREN KAPLAN

In a day and age where a nation as it did World Wide Web has taken over our lives, the sign of "small town news" is a thing of the past. Canada's oldest news online website, 519onlinews, has that statement to the test and passed with flying colours.

The 519onlinews site received 10,000 to 15,000 hits daily. 519 onlinews every month, with approximately 40 per cent of those who have come from Canada. Professor Steve Platt presents the weekly broadcasts of the radio program broadcast from the University of Toronto. He said in an interview, "I'm a journalist, it's not my job that so many people are able to come in."

If you live in Latvia or Moldova in any other country, it's the Internet and news channels available on the Internet that give you an idea of what's going on in Canada, that is the nature of the Internet, what's left to you is suddenly on the world stage," said Platt. "It's a very important sign of modernity in that you are doing a news show."

Chris Morgan, a student in

the program, said people are drawn to the unique style of storytelling. 519onlinews is a website.

"We try to get more in the community, to get off the computer and put things out of our little comfort zone here," he said. "It's a unique kind of news, the stories you see on our show you won't typically see on different news stations like CTV."

In January alone, six per cent of web hits came from Russia, Norway, Ukraine and Belgium. Other countries include France, Germany, Czech Republic, Sweden, Switzerland, Latvia, British Isles, Norway, Netherlands, Poland, Romania, Finland, Argentina, Indonesia, India, Malaysia, Mexico, Armenia, Brazil and Ivory Coast.

"I think we've covered every continent except Antarctica," said Platt.

When Platt lived and worked in East Africa, he was always surprised with how much people knew about Canada and how their thirst for more knowledge was abundant. Platt says people from across the pond rarely and truly respect how we live in Canada and how we do it. The 519onlinews site said on a web reader into our lives.

"What better way to observe a society than to take a look at what they consider to be relevant? A moment in a window on how people think and what's important to them," he said. "There's got to be something if you are living in another part of the world. We are very fortunate to live here, and to be able to tell our stories freely and openly, without censorship."

519onlinews' producer has narrated every week on Tuesday and Thursday, and stories to put together their stories as well as various episodes in each episode. The close relation between the roles of producers, presenters, reporters, host and editor were clear.

"It can be kind of hectic in here when everyone's running around and editing," said Morgan.

Every moment is what is best of a given story which is just one instance of 519onlinews has learned during his time with 519.

"We're trying to educate as much of a real news organization news can," he said. "The program helps you get something and news people that you can trust and rely on."

To check out their website, go to [www.519onlinews.com](http://www.519onlinews.com).



# Local indie musician gets his break

## Meets future manager serenading people door-to-door

BY VANDA ROBERTSON

There and there in Waterloo, local indie musician Scotty James knows where he wants to be in five years or four if not.

At only 23, his positive attitude and ambition drives him to become Bill Media's Emerging Artist in October and hit No. 41 on Canada's AC Billboard Chart.

His single "Manana De Amor," which was released this past spring, made it to No. 24 on Canada's Billboard Emerging Artist Chart. He was the only unsigned artist on the list. "This past summer he opened for Kallmeier along with Renee, Andrew Allen and He is We."

With no musical background, James taught himself to sing and play guitar.

"People told me I sounded as if I gave up music for about three years," said James.

"I took a trip one summer to work at the Delta Lodge resort at Kawartha on Algonquin and I brought my guitar with me. That's when I started playing again."

According to a Nov. 1 article in the Waterloo Chronicle, James kicked off his music career by going door-to-door and serenading people with his original songs, in hopes of raising enough funds to produce his first album.

That was how he met Johnny Lawrence of indie-rock band, who

became his first manager shortly after giving him \$100 as he played on his doorstep.

"I was flat broke and desperate to get my music out."

"I had no choice but to grab my guitar and go door to door," James said in a September 2011 press release.

With references from John Mayer and Matt Nathanson, James produced his first EP, *Crave*, in June 2011.

"My inspiration comes from past relationships that I'm not here, but mostly from my dad who has been fighting cancer for the past seven years," said James in an interview with *IndieRock.com*. "He is the strongest person I know and I let that message go along my journey."

The local musician started his own, with only 29 Facebook fans, as recorded music, so far, shows expertise and no other previous other than an *acoustic* MySpace page, according to the press release.

James' *crave* is a t r a c k

that breaking into the music industry is "a battle and a hell" but he tells his fans that "the key is to be persistent."

"The spring, James will tour high schools around the area and then summer he will have a launch tour, where he play shows on stages one location across Ontario."

"I hope to be someone that's touring and given back to the community," said James.

"I want to be a role model, a person that people can look up to."



PHOTO: VANDA ROBERTSON

Scotty James, a local indie musician, broke into the music industry in an interesting way — by knocking. With references from John Mayer and Matt Nathanson, James' first EP, *Crave*, was released in June 2011.

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SCOTT

Scotty James

crazy

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# Panthers prey on the Condors

By Jeff Berman

Conestoga College's champs on extramural hockey were not delirious by Conestoga College when they began to deliver not their scoring a thrilling semifinal.

The Condors were next home after losing 2-1 to the visiting Panthers during Conestoga's Semifinal Hockey Tournament on Feb. 2.

Conestoga went into the semifinal game on a high after beating Oshawa in a thrilling second-round 2-0. Shortly after that blow at Mohawk College by the score of 2-1.

11

The boys battled hard, they played really disciplined, I think we had a lot of guys step up and do a great job.

— Kevin Beaumont

12

The scoring was led by returning players, Spencer Charleworth and Brandon Christopher, who added five points in the game versus Mohawk College.

During a penalty-filled first period in the semifinal, the Condors were killing a 2 on 1, the Panthers scored on a quick wrist shot over the shoulder of goalie, Hal O'Brien. Trailing 1-0 with 3:07 to go in the second and final period, Conestoga's Paulin, Kishil, blew by a defender and scored the tying goal, shoot-handed.

"It was a beauty, Kishil did a great job in our own end, getting the puck out there had a phenomenal shot to tie the game up," said head coach Kevin Beaumont.

Beaumont later, Kishil had another great chance shot,

along with just the goalie to beat, but that was he couldn't pull the trigger.

The Condors looked like a team on a mission as they scored the play the most of the second period. Conestoga was on the powerplay with less than two minutes to go but couldn't beat Conestoga's hot goalie, Mark Deschamps.

With only 30 seconds left in the game, the Panthers scored the winning goal to send the home team packing.

This was the third straight tournament that Conestoga lost in the final moments of the semifinal including last weekend in London.

Beaumont said that loss was hard to take but there were many positives that can be taken from the tournament.

"The boys battled hard, they played really disciplined. I think we had a lot of guys step up and do a great job," he said.

He described the play of Conestoga captain Aaron Armstrong as phenomenal and called him the best play or on the ice from any team.

Armstrong, a returning player from last year's championship squad, talked about the team's reaction to the loss. "It was a tough one but you can't get down on each other. You have to just keep pushing another game ahead."

"We can lose a lot of goals but we have really pushing it and time but it's a tough loss," Armstrong said.

He concluded that the team is going to be able to shake off the performance and now thinks they will be a lot more motivated to win moving forward.

Their head coach agrees. "We have come back in every single game that we have played and the one thing the guys know in that they are never out of a game," Beaumont said.



Brandon Christopher was the "topnotch" veteran Conestoga's team captain, Corey Clarke, during the Conestoga Extramural Hockey Tournament on Feb. 2.

Photo by Jeff Berman

## Local players find stride with Condors

By Jeff Berman

The following profiles three members of Conestoga College's extramural hockey team.

**Brandon Christopher**  
Position: Right wing  
Hometown: Kitchener  
Secondary School: Haines Heights

1) Who was your favourite hockey player growing up?

Joe Sakic.

2) When did you start playing hockey?

I started playing hockey around four years old.

3) What's been your best experience from hockey?

My best experience was probably winning my first Atlantic Championship for all of Ontario when I was 16 years old.

4) Talk about your hockey career. What league did you play in and what position did you play?

I played for Kitchener Minor Hockey growing up. I was always on a very competitive and talented team. I have played both right wing and centre.

5) Talk about your experience at a Conestoga Center. What has been your best experience at the school, academically or sports related?

Playing hockey for Conestoga has probably been my best experience to be a Condor. The guys in the dressing room are a good group of guys, they make it easy to have fun.

6) What's been the best experience playing hockey for the Condors?

My best experience playing

for the Condors was winning the tournament at Conestoga last year. It felt good to win in the home rink.

**Bratt Gibson**  
Position: Left wing  
Hometown: Kitchener  
Secondary School: Haines Heights

1) Who was your favourite hockey player growing up?

Mike Sander.

2) When did you start playing hockey?

I played my first year of organized hockey when I was five years old.

3) What's your best experience from hockey?

In 1990, my team won the Toyota Challenge and we were sent on a trip to Japan to play on all star team.

4) Talk about your hockey career. What league did you play in and what position did you play?

I grew up in Waterloo playing all level AAA, and went on to play for 10 for the Kitchener Redwings, Waterloo Wolves and Conestoga Waterloos.

This year I decided to concentrate on my education and play for the Condors.

5) Talk about your experience at a Conestoga Center. What has been your best experience at the school, academically or sports related?

Although I did not participate in a lot of school events, I have met a lot of good people through my program and the hockey team. I would have to say the interaction with people I have met has been my best experience.

6) What's been the best experience playing hockey for the

Condors?  
I can't really pick a best experience with the Condors this season, however I think when we finally won our first tournament that will be the best experience.

**Spencer Charleworth**  
Position: Centre  
Hometown: Kitchener  
Secondary School: Haines Heights

1) Who was your favourite hockey player growing up?

Alan Macdonald.

2) When did you start playing hockey?

I started playing hockey at the age of five.

3) What's your best experience from hockey?

In Grade 10 winning a trophy for winning the Toyota Cup challenge.

4) Talk about your hockey career. What league did you play in and what position did you play?

I have played AAA for eight years and now Conestoga College. I've scored two goals. I also played high school for my last year of it. I have been a centre from day one.

5) Talk about your experience at a Conestoga Center. What has been your best experience at the school, academically or sports related?

Meeting new friends both in school and hockey has been a great experience.

6) What's been the best experience playing hockey for the Condors?

Winning three tournaments last year during my first year has been my best experience as a Condor.

## Conestoga box score

Week of Jan. 31 to Feb. 8

By Jeff Berman

### Men's Volleyball:

Jan. 30: Conestoga 0, Humber 3  
Feb. 3: Conestoga 0, Niagara 3  
Overall record: 1-16

### Women's Volleyball:

Jan. 30: Conestoga 0, Humber 3  
Feb. 3: Conestoga 0, Niagara 3  
Overall record: 0-6

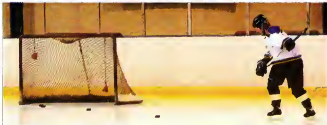


PHOTO BY ALICIA BARR

Caroline Bernatchez skates up prior to a women's hockey game Feb. 5 at the Moncton Placebelle Sportsplex and Healthy Living Centre.

# Ladies, lace up

By MICHAELA BARR

Ladies of Coaching, it's time to lace up.

The Moncton Placebelle Sportsplex and Healthy Living Centre at EDM Park offers women's hockey every Wednesday and Friday from 11:00 a.m. to 12:00 p.m.

The Sportsplex opened the women's only change hockey program 10 years ago.

Jeanette Laforte, an instructor at Coaching, the office administration and health officer education program, has been playing recreational hockey in Waterloo Region for the last 10 years. She is one of the 15 women who regularly shows up to play.

"I enjoy playing because it's a total escape from everyday life, where you, a little puck and there's about as complicated as it gets," Laforte said. "Like a lot of people,

I find it hard to exercise if it's not fun. In my exercise class, I'd be looking at the clock after 20 minutes but 40 minutes after a puck off my stick."

Caroline Bernatchez also comes out to play on a regular basis. "It's fun. It's a fun bunch of ladies."

Many of the same women come out to play each week, but they are always looking for new faces, especially guests.

"I'd be sad if we could get more

but to play," said Bernatchez. "We don't have any goals so we put our heads in the net. You have to hit a new ball to consider it a goal."

The admission fee is \$5 per person and guests are free of charge. Ladies 15 years of age or older can play. The game is unsupervised, and helmets and gloves are required. For more information and full schedule, check out [www.waterloo.cohabits.com](http://www.waterloo.cohabits.com).



MICHAELA BARR

Behind you beats Fitz the Whip boxer youth athletes at his gym.

## From boxing pro to youth mentor

By MICHAELA BARR

Respect, discipline and self-control made it possible for Fitz the Whip to make the transition to mentor.

The boxing legend, better known as Fitz the Whip, grew up on the streets of Toronto and Chicago. He always knew he wanted to become a professional boxer but he didn't always receive the support he was hoping for. "I was one of those clients where I wish I could have given a speech thanking my family for all the support but it wasn't there. I couldn't say those things. It's really unfortunate," he said.

Fitz, now 41 years old, often lived in the shadow of his younger brother who was receiving more attention from others in the industry.

"In my family I was the middle child so I got the middle child syndrome where you had to work your butt off to get anything."

"We had all the sponsorship money and all the support. I didn't have that support. For me I always had to work harder to prove that I was good enough... that I was worthy of sponsorship when I wanted to do it and

though there were always barriers in his way, Fitz remained focused on what he wanted to achieve. He had a little help along the way.

"My high school wrestling coach, he would tell me 'never give up, never give up' and that always stuck to me. People don't realize the support that we and parents have on kids and he motivated that into me," he said.

In his career, Fitz was the professional title, the Canadian Professional Boxing Federation title, the World Boxing Federation International title, the World Boxing Council Welterweight title, the World Boxing Federation Super Welterweight World title, and the World Boxing Council Super Welterweight title.

These successes led to him being inducted into the Waterloo Region Hall of Fame in 2006 — something that he says is his biggest success to date.

"It meant more than anything else because that is my community. That is where I live. For the community to recognize me and what I've done and what I've accomplished, it's a great deal to me."

After retirement, Fitz was ready to give back to the community that gave

him so much.

Boxing mentor youth athletes who were at his gym by assisting them with their training and making himself available for guidance.

"One of the big things that I feel I bring to the table is that I'm the only world champion that actually lives in the territory. I can show them what it takes to be successful."

"Being the only world champion in the territory region, it's something that can have a positive impact on these kids and I can let them know what they can do if they want to work hard and dedicate themselves and create the success... It's not going to be easy. It's going to be hard, but if you want it and you believe in yourself then you can do it."

With it all said and done, the boxing legend would like to be remembered for an acronym associated with the nickname and a message that he lives by.

"When I think talking to these kids, I tell them that if you remember nothing else, remember the whip 'With hope, it's possible.' Believe in yourself and you can do it."

You can follow Fitz the Whip on Twitter at [FitzTheWhip](http://FitzTheWhip).

# Everyone can eat healthily

## Limited time and money don't have to be obstacles

By **ALYSSA MILLER**

Some students are working multiple jobs, driving from over an hour away, attending business meetings, completing work terms — you name it. They're a busy bunch and buying lunch somewhere often seems like the only way to keep up with a busy school schedule. But before joining the Tim Hortons line, how many think "How much is this costing me?"

An article in *Business News Daily* on Jan. 8 reveals that about 50 per cent of the American workforce spends over \$1,000 yearly on coffee, and for many, more than double that on on-the-go lunches. Items that habitually apply to University students as well? One need only look around the cafeteria or canteen to realize coffee is in the Tim Hortons lineup for an answer.

"I buy food from the school every day," said Jake Bellamy, a first-year public relations student, who says

he never brings food from home. "I'm financially well off, so I don't have to. I can see why some people would though, it is expensive."

Marissa Maden, a second-year criminal justice student, said she buys food on the go about three to five days per week. "I don't have time to make lunch, usually I make up for it later."

Advertisements everywhere encourage students to buy lunches on the go, telling them that to do otherwise is too difficult a task when they lead such a hurried life.

With a little thought, however, it's not as daunting as those companies looking for student dollars make it seem.

First off, there are many resources available to students who wish to start saving money on food: [www.eat4hustlers.ca](http://www.eat4hustlers.ca) offers everything from published lists of tips for healthier, more budget-friendly shopping and eating to the option of actually cooking or consulting

a dietician with questions about nutrition.

A lot of food companies also offer student discounts with Bulk Barn gives students 10 per cent off their totals with a student card every Wednesday and sell every thing from coffee into an assortment of candies.

Buying food is worth the money, but is it worth the time?

An extra hour on the week end can be used to make a large quantity of food from scratch and confine to granola and snack bars to pack lunches.

Many items can be bought on sale, put up in a space freezer and frozen for up to a year. Frozen, many baked goods and meat products can also be frozen to make larger quantities last longer.

Baggies and storage containers can be bought cheaply at dollar stores to pack lunch without a microwave. Even a plastic bag likely reduces the mess produced by a meal brought on campus.

A quick Internet search can produce a massive list of no-go food products that

make instead of a standard sandwich. The possibilities are endless.

### PARKING ILLEGALLY? THEY'LL FIND YOU



PHOTO BY CHRIS LOGAN

Second-year protection, security and investigation students, Sarah Wintery left to right Megan Stuebel, Michelle Stuebel and Jeremy Wintery, are shown with hundreds of parking tickets. The students, as part of their program, are taught how to fill out a ticket. They graduate by turning out across the college parking lots, looking for offenders.

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